



Princess Cookbook

Read
the stories!
Create your
own recipes!
Wipe-clean
pages!

Try these delicious cupcake recipes!





Princess Cookbook



PaRRagon

Bath • New York • Singapore • Hong Kong • Cologne • Delhi
Melbourne • Amsterdam • Johannesburg • Auckland • Shenzhen



First published by Parragon in 2011
Parragon
Queen Street House
4 Queen Street
Bath BA1 1HE, UK

Copyright © 2011 Disney Enterprises, Inc.

The movie THE PRINCESS AND THE FROG

Copyright © 2009 Disney, story inspired in part

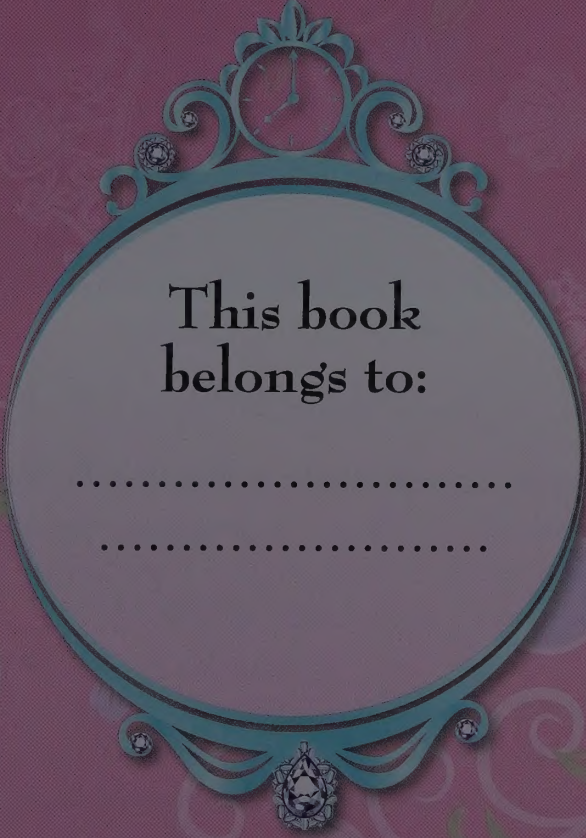
by the book THE FROG PRINCESS by E.D. Baker

Copyright © 2002, published by Bloomsbury Publishing, Inc.

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior permission of the copyright holder.

ISBN 978-1-4454-2514-6

Printed in China



This book
belongs to:

.....

.....



Get ready for some recipe magic!

Before you can start cooking, there is some Princess preparation to do! So put on your pretty apron, wash your hands and check the next page to make sure you have everything you need.

Baking is so much fun, and it's even more fun doing it with someone else! All the recipes inside have been created for you to cook with the help of Mum, Dad or another grown-up. Always make sure they are with you when you start each recipe – they are there to help their favourite Princess – you!





Here are some things you will need – get them out in advance, so they are ready for you when you need them!

- ✦ A large mixing bowl
- ✦ A wooden spoon
- ✦ A sieve
- ✦ A tablespoon
- ✦ A set of scales
- ✦ Baking trays
- ✦ Some oven mitts fit
for a Princess!





Once upon a time...

...a pretty Princess was ready to start baking!
Before you begin your recipe journey, use the lines
below to record your very own delicious details!

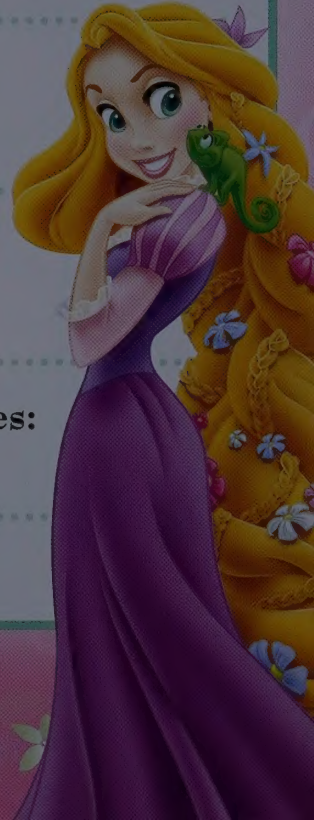
My favourite food is:

One thing I am looking forward to making is:

My favourite drink is:

A new ingredient I am going to try is:

Who is going to help me with my recipes:





All the princesses love to cook yummy treats for the people and friends that are most special to them. Use the space below to record who will be tasting your treats!



Name

What I will bake for them

.....

Name

What I will bake for them

.....

Name

What I will bake for them

.....

Name

What I will bake for them

.....

Name

What I will bake for them

.....

Chocolate Sparkles

These creamy milk chocolate truffles make the perfect gift: try presenting them in a clear plastic bag, brightened up with a colourful ribbon, or a small gift box. Cake decorations make colourful coatings, so check out your favourites.



Makes about 5



prep: 25 minutes,
plus chilling



cooking:
5 minutes

What you need:

- ♥ 300g good quality milk chocolate
- ♥ 100ml double cream
- ♥ 1 tsp vanilla extract
- ♥ 1 tbsp icing sugar
- ♥ 20g butter

To decorate:

hundreds and thousands;
silver or pink stars;
grated or flaked white
chocolate, or your
favourite colourful
decorations

Equipment:

- ♥ heatproof mixing bowl
- ♥ medium-sized saucepan
- ♥ wooden spoon
- ♥ teaspoon
- ♥ oven gloves
- ♥ small paper cases



Indicates parental
supervision required.





Step 1:

Break the chocolate into even-sized pieces and put it in a heatproof bowl with the cream.



Step 2: !

Put the bowl over a saucepan containing about 2.5cm of water – make sure the bowl rests on top and does not touch the water.



Step 3: !

Heat the water – but do not let it boil – and gently melt the chocolate, stirring occasionally to mix it with the cream.



Step 4: !

Using oven gloves, remove the bowl from the pan and leave to cool slightly. Stir in the vanilla extract, icing sugar and butter until mixed in.



Step 5:

Chill until the mixture firms up. Use a teaspoon to scoop up some of the mixture, then roll into a ball shape. Repeat until the mixture is used up.



Step 6:

Dip the chocolate balls into your favourite coatings, turning them until they are evenly coated. Arrange the chocolates in small paper cases.

marks out of 10

10 = yummylicious

9 = truly scrumptious

8 = de-lovely

7 = delicious

6 = tasty

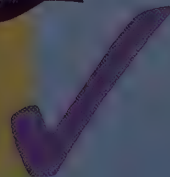
5 = Mmmmmmm

4 = mouth-watering

3 = just nice

2 = good

1 = ok





How did you do?

Use the space below to record how you did, and keep it for the next time you try the recipe!

My sparkles were:

.....

The best thing about this recipe was:

.....

The hardest thing about this recipe was:

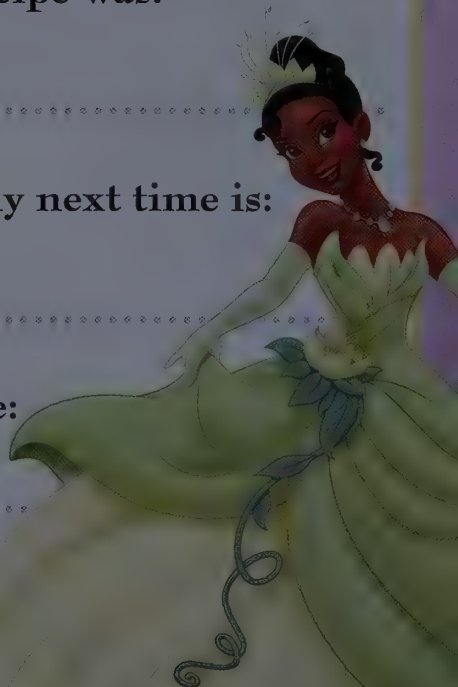
.....

One thing I would do differently next time is:

.....

Who helped me with this recipe:

.....



What did everyone think?



The best thing about cooking and baking is sharing the treats with all your friends! Once everyone has tried your recipe, use the spaces below to record what they think!

Who tried my sparkles

What they thought

Who tried my sparkles

What they thought

Who tried my sparkles

What they thought

Who tried my sparkles

What they thought

Next time you try this recipe, read what everyone thought so you can make the sparkles even tastier!



Tiana's Busy Day

Tiana was so happy to be finally running her own restaurant. She loved cooking lots of delicious meals and treats for her friends and family.

One day, Charlotte rushed into the restaurant.

'Tiana!' she cried. 'I need your help! I am throwing a ball tonight and we need 100 beignets for all the guests at the last minute!'

Tiana smiled at her friend. 'No problem!' she replied, and went straight to the kitchen to begin.



Tiana worked hard all afternoon. Before long, she had a mountain of delicious beignets ready for Charlotte and her guests.

'How can I ever thank you?' Charlotte exclaimed, and gave Tiana a big hug before running out the door with the treats.

Just as Tiana was looking forward to a nice rest, her pal Louis came rushing through the door.

'It's a cold day!' he said to Tiana. 'I'm looking forward to some of your home-made stew to warm up!'

Although she was a bit tired, Tiana didn't want to let her friend down. She set to work cooking up a delicious, steaming stew for Louis.

'Mmmm!' he said when Tiana set it down in front of him.

'Phew!' Tiana was exhausted, and went home for a quiet rest. Prince Naveen, who had been watching Tiana work so hard, had an idea...

When Tiana returned to the restaurant that evening, she couldn't believe her eyes! All her friends were gathered together, and in the centre was an enormous feast!



'You work so hard, we wanted to thank you, Tiana!' Prince Naveen smiled at his Princess. 'We cooked all your favourite food, for you and everyone!'

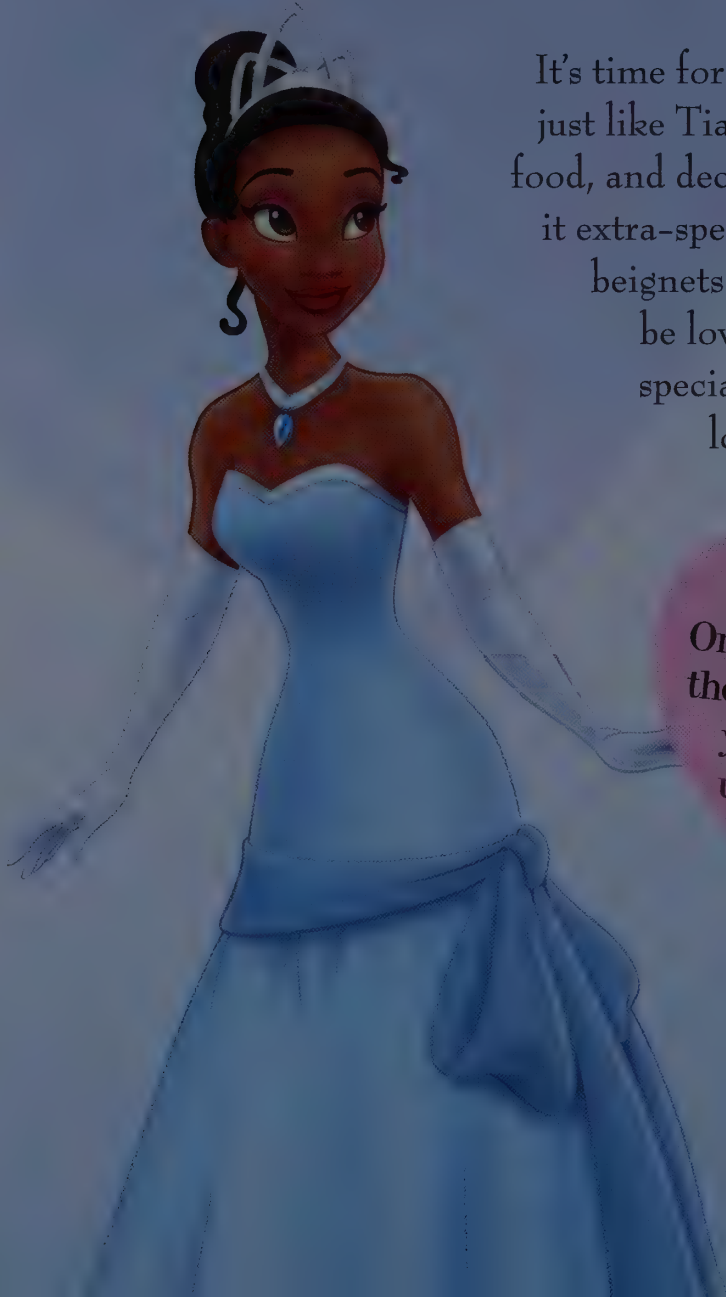
Everyone enjoyed the wonderful food, all the way into the night!





Perfect Princess Recipe!

Tiana was very busy in her restaurant, but her favourite thing is to make up recipes for her friends to enjoy!



It's time for you to make up a recipe, just like Tiana! Think of a favourite food, and decide how you want to make it extra-special! Tiana's speciality is beignets – maybe yours could be lovely little cakes, or special toast? There are lots of choices!

Once you have decided, use the page opposite to create your very own recipe, using the hints as you go along.



It's time to create your recipe!

Use the box below to create your perfect Princess recipe.



What is your recipe called?

Who are you making it for?

What are the ingredients?

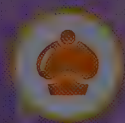
How will you do it?





Snow White's Forest Berry Smoothie

Mix up a delicious smoothie in minutes!



Makes 2
smoothies



prep: 5 minutes

What you need:

- ♥ 1 small banana
- ♥ 175g fresh raspberries and strawberries
- ♥ 140ml milk
- ♥ caster sugar if required

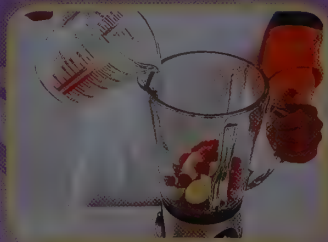
Equipment:

- ♥ chopping board
- ♥ sharp knife
- ♥ blender
- ♥ measuring jug
- ♥ teaspoon



Step 1: !

Carefully slice the banana. Cut out the strawberry stalks and halve the strawberries if they are very large.



Step 2: !

Place the fruit in the blender. Pour in the milk. Make sure the lid is on tight and blend until smooth.



Step 3:

Taste and add sugar if required. Pour into smoothie glasses and serve with straws.



Indicates parental supervision required.



Try adding a dash
of yogurt instead
of milk for
extra zing!



Now YOU think of a special drink to make!

You can use fruit, milk – the choice is yours!

Write your ingredients on the lines below, and then stick
a picture of your drink in the frame below.

My ingredients:



It's time to see what others thought of your recipe!
Ask your friends to give you some stars out of five for
your recipe, and colour in how many you got! It's 1 star
for 'try again' and 5 for 'that was delicious!'

My friend is

Stars out of 5



My friend is

Stars out of 5





My friend is

Stars out of 5



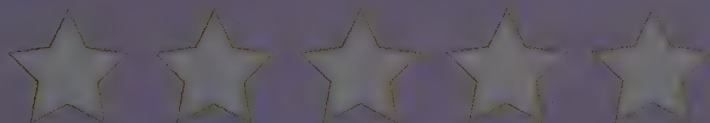
My friend is

Stars out of 5



My friend is

Stars out of 5





Cinderella's Royal Tea Party

Tea Party Menu

Strawberry Sweethearts
Jam-filled sandwiches cut
into cute heart shapes



Cheese wands
Golden cheese sticks
that melt in the mouth



Princess Cupcakes
Dainty cupcakes decorated
with icing and edible treats





TOP TIPS

Serve your cakes and sandwiches on your prettiest plates.

Pour apple juice from a teapot to look like Princess tea.

Use the punch-out shapes to make shaped sandwiches.



How did you do?

Use the space below to record how you did, and keep it for the next time you try the recipe!

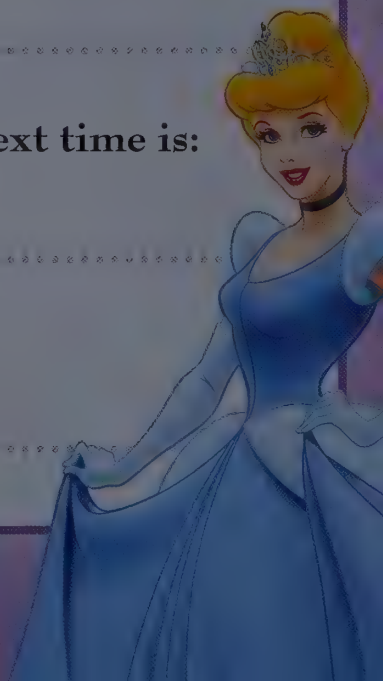
My tea party was:

The treat everyone enjoyed the most was:

The hardest thing about this tea party was:

One thing I would do differently next time is:

Who helped me with the tea party:



What did everyone think?



The best thing about cooking and baking is sharing the treats with all your friends! Once everyone has tried your recipe, use the spaces below to record what they think!

Who came to my tea party

What they thought

Who came to my tea party

What they thought

Who came to my tea party

What they thought

Who came to my tea party

What they thought

Next time you try this recipe, read what everyone thought so you can make the tea party even better!



Cinderella's Cake Catastrophe

One day, Cinderella was working very hard to make a cake for her stepmother's birthday party that evening. It had to be pink, with little flower decorations made from icing.

'Phew!' Cinderella exclaimed when the cake was finally in the oven. 'I'll just rest awhile whilst the cake is baking.' She went to her room, and before she knew it she had fallen asleep on her bed.

As the afternoon went on, Gus and Jac crept into the kitchen to see how their friend Cinderelly was getting on.

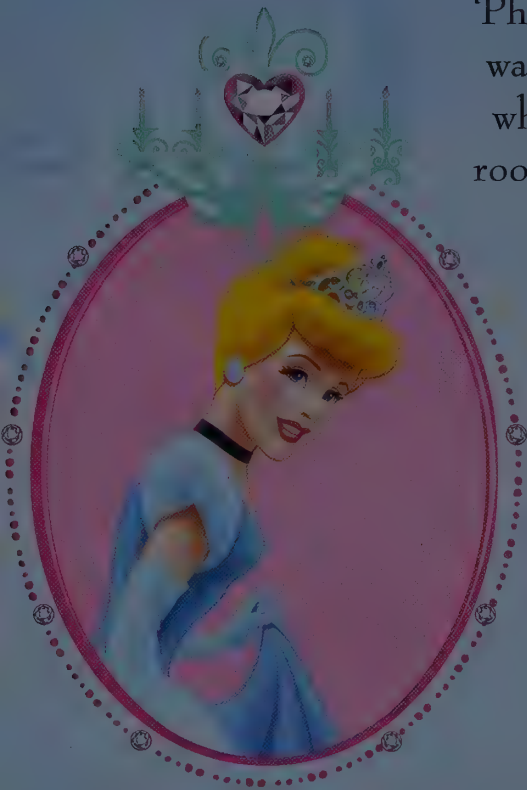
'Hmm', said Gus, his little nose twitching, 'That-sa strange smell!' 'Oh no! The cake is burning!' cried Jac, and they raced upstairs as quickly as their legs could carry them. 'Cinderelly! Cinderelly!' they cried as they entered Cinderella's room.

'Oh no!' cried Cinderella, for she could smell the cake burning right away. They all ran back downstairs, but it was too late.

The cake was ruined.

'Whatever can I do?' Cinderella said, tears in her eyes.

'Stepmother will be so angry!'





Gus thought for a minute. Then, he said ‘Don’t worry Cinderelly! With our help, we’ll make another cake – an even **BETTER** cake!’

Cinderella smiled at the little mice.

‘Do you really think we can?’

All the little mice gathered in the kitchen, and Jac put them straight to work.

‘Gus, you get the flour! Everyone else fetch the eggs, and the milk!’ Even the little birds flew in through the window to help!

Before long, another cake was ready for the party – and this time, it was perfect!

‘Thank you all so much!’ cried Cinderella, and took the cake outside, ready for the party.

Everyone at the party proclaimed the cake the best they had ever tasted – even her stepmother. Cinderella made sure her little mouse friends got a large slice of it, too!





Perfect Princess Recipe!

Cinderella wanted to make beautiful cupcakes for her mouse friends, because they had been so kind and helpful to her. Have a think about who you would like to bake cupcakes for. Maybe a family member, or a best friend? You can even make them just for yourself!

Cinderella used chocolate in her recipe because she knows the mice love it! What might you use in your recipe - maybe bananas? Raisins? Coconut? There are lots of choices!



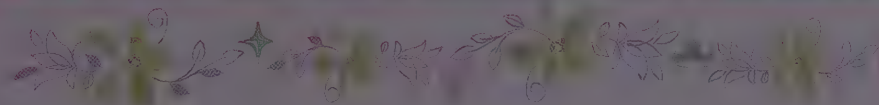
Once you have decided, use the page opposite to create your very own recipe, using the hints as you go along.





Now it's your turn.

Use the box below to create your perfect Princess recipe.

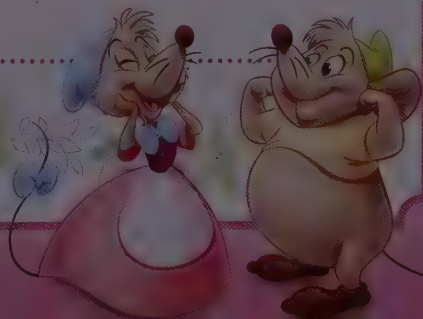


What is your recipe called?

Who are you making it for?

What are the ingredients?

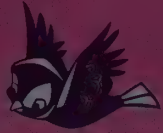
How will you do it?





Belle's Dainty Cupcakes

These are an all-time favourite with every Princess!



Makes about 12



prep: 20 minutes



cooking:
15-20 minutes



Indicates parental
supervision required.

What you need:

- ♥ 135g butter (softened at room temperature)
- ♥ 115g caster sugar
- ♥ 2 eggs, beaten
- ♥ 55g self-raising flour
- ♥ 2 tbsp milk
- ♥ Icing: 200g icing sugar
- ♥ 1 tbsp lemon juice
- ♥ 1 tbsp warm water

To decorate:

sweets, chocolate buttons, sprinkles, silver balls, grated coconut and glacé cherries.

Equipment:

- ♥ mixing bowl
- ♥ wooden spoon
- ♥ sieve
- ♥ tablespoon
- ♥ muffin tin
- ♥ 12 paper cases
- ♥ dessert spoon
- ♥ cooling rack
- ♥ small bowl





Step 1: !

Preheat the oven to 375°F/190°C/Gas Mark 5. Use a wooden spoon to cream the butter and sugar until light and fluffy.



Step 2:

Add the eggs a little at a time, beating well. Sift the flour into the bowl and carefully fold in using a tablespoon.



Step 3:

Mix in the milk. Stir until the mixture is smooth and drops off the spoon easily. Divide the mixture between the paper cases.



Step 4: !

Bake in the oven for 15–20 minutes until they are risen and golden brown. Remove from the oven and put on a cooling rack.



Step 5:

Sieve the icing sugar into the bowl. Add the lemon juice and stir in the warm water. Mix until thick and smooth.



Step 6:

Spoon the icing on to the cakes. Spread to the edges with the back of a spoon. Use your imagination to decorate!

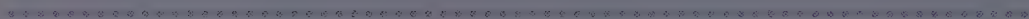


How did you do?

Use the space below to record how you did, and keep it for the next time you try the recipe!



My cupcakes were:



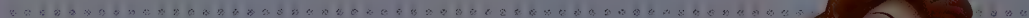
The best thing about this recipe was:



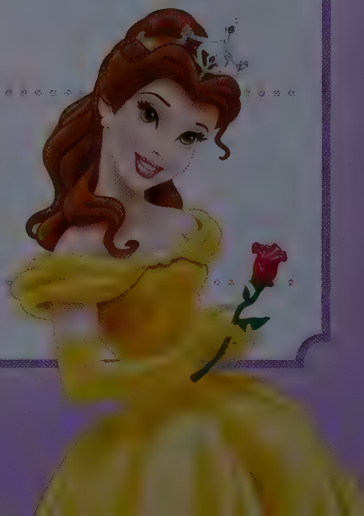
The hardest thing about this recipe was:



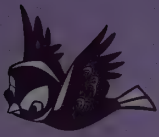
One thing I would do differently next time is:



Who helped me with this recipe:



What did everyone think?



The best thing about cooking and baking is sharing the treats with all your friends! Once everyone has tried your recipe, use the spaces below to record what they think!

Who tried my cupcakes

What they thought

Who tried my cupcakes

What they thought

Who tried my cupcakes

What they thought

Who tried my cupcakes

What they thought

Next time you try this recipe, read what everyone thought so you can make the cupcakes even tastier!



Rapunzel's Forest Recipe



Rapunzel was painting in her tower one sunny afternoon, when all of a sudden Pascal crawled up onto her shoulder.

‘Why, Pascal! You startled me!’ Rapunzel laughed, and patted the little chameleon. She noticed he had something in his mouth. ‘What’s this?’ she said, and gently took it from him.

It was a little twig, with juicy, red berries hanging from it. Rapunzel had never seen berries before, because she had lived in the tower all her life.

‘I wonder what these could be!’ she exclaimed, examining the little fruits. Just then, Pascal stuck out his long tongue and licked one of the berries! ‘Aha!’ Rapunzel suddenly had an idea.

She took out a pot she would usually use for mixing paint, and placed the berries inside. She then added a little water for mixing, and some sugar she had left over from her breakfast. ‘This is just like mixing paint!’ she thought happily.



Soon, she had a ruby-red juice, which she shared between her and Pascal. They both smiled at each other, and took a sip.

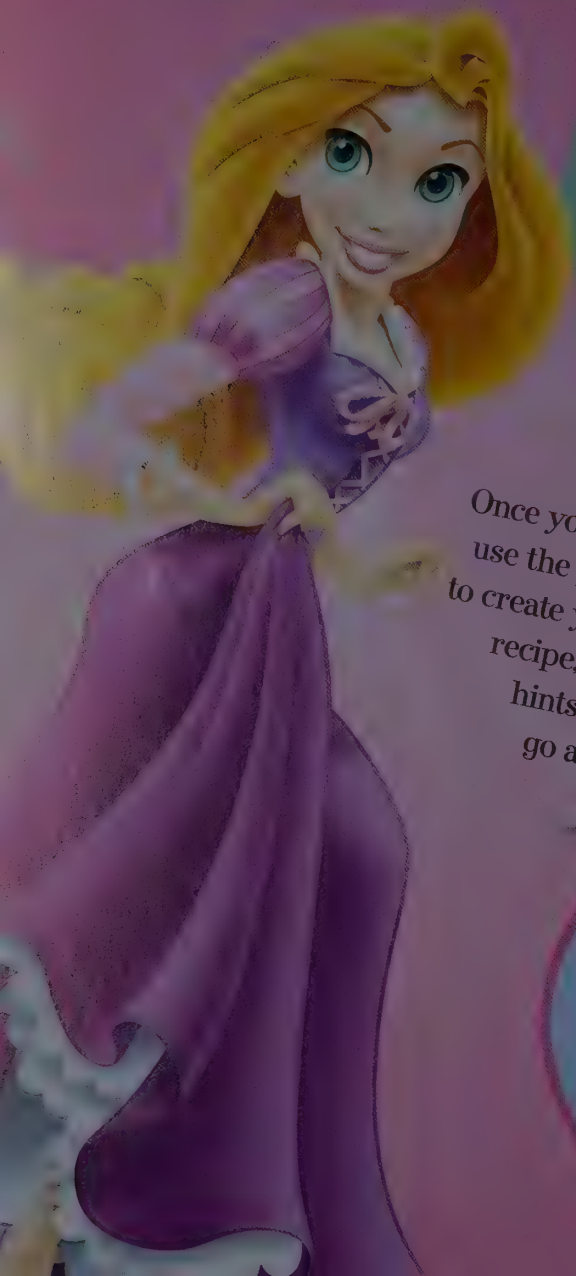
‘Mmm!’ Rapunzel said. ‘This is delicious! Is there anything else out there, Pascal?’ Pascal darted towards the window. Rapunzel couldn’t wait to mix up some more delicious juices, all with the help of her friend, Pascal.





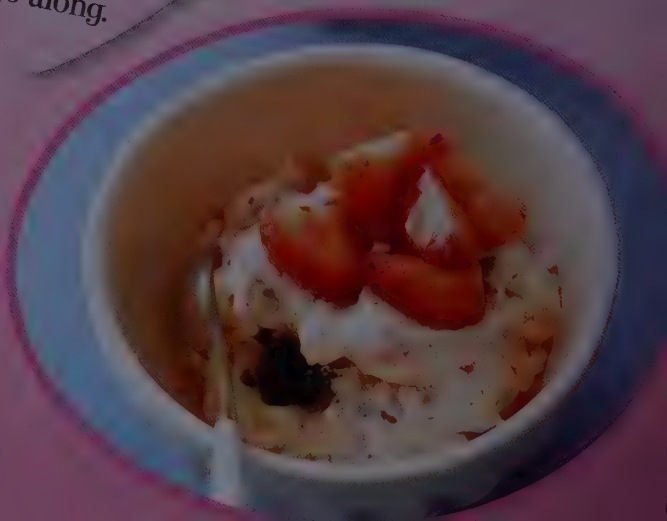
Perfect Princess Recipe!

Rapunzel was so happy to have discovered a new and delicious drink, and it was all down to her friend Pascal!



It's time for you to make up a recipe, just like Rapunzel! Ask a friend for some ideas for fruits and ingredients, then once you have them all, decide what to do with them. Will you make a drink, like Rapunzel, or maybe a fruit salad? It's up to you!

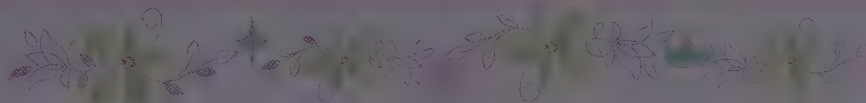
Once you have decided, use the page opposite to create your very own recipe, using the hints as you go along.





It's time to create your recipe!

Use the box below to create your perfect Princess recipe.



What is your recipe called?

.....

Who are you making it for?

.....

What are the ingredients?

.....

.....

.....

How will you do it?

.....

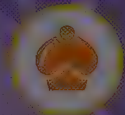
.....

.....



Flower and Bug Cupcakes

Making and decorating your own cupcakes is such fun. Experiment with different coloured icing and cake decorations to create your own versions of these flower and bug cakes.



Makes about 12



prep: 10 minutes



cooking:
15-20 minutes

What you need:

- ♥ 175g self-raising flour
- ♥ 1 tsp baking powder
- ♥ 175g caster sugar
- ♥ 175g very soft unsalted butter, cut into small pieces
- ♥ 3 eggs at room temperature
- ♥ 1 tsp vanilla extract
- ♥ 2 tbsp milk

To decorate:

200g icing sugar
1 tbsp lemon juice
1-2 tbsp water
few drops of blue and green food colouring,
white chocolate buttons,
white chocolate rainbow buttons, jelly bug sweets

Equipment:

- ♥ large paper or plastic cake cases
- ♥ bun tin
- ♥ large mixing bowl
- ♥ electric hand mixer
- ♥ wooden spoon
- ♥ metal spoons
- ♥ wire cooling rack



Indicates parental supervision required.





Step 1: !

Turn the oven on to 180°C/350°F/Gas Mark 4. Put 12 paper cases into a bun tin. Sift the flour, baking powder and caster sugar into a bowl.



Step 2: !

Next, add the butter, eggs, vanilla extract and milk. Use an electric hand mixer or wooden spoon to make a smooth, creamy mixture.



Step 3: !

Divide the cake mixture between the paper cases. Bake for 15–20 minutes until risen and golden. Cool on a wire rack.



Step 4:

Mix together the icing sugar, lemon juice and water to make a smooth icing. Colour half of the icing blue and half of the icing green.



Step 5:

Spread the icing over the cakes. For flower cakes, place a white chocolate button in the centre and the rainbow ones around it.



Step 6:

For bug cakes, pipe a leaf or blades of grass using the green icing on each cake and top with a jelly bug.

marks out of 10

10 = yummylicious

9 = truly scrumptious

8 = de-lovely

7 = delicious

6 = tasty

5 = Mmmmmmm

4 = mouth-watering

3 = just nice

2 = good

1 = ok



How did you do?

Use the space below to record how you did, and keep it for the next time you try the recipe!

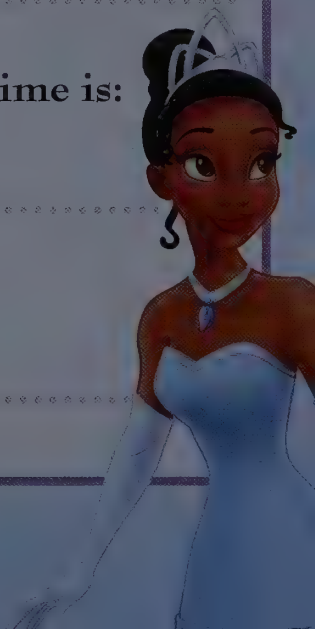
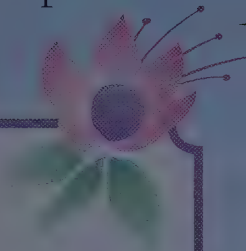
My cupcakes were:

The best thing about this recipe was:

The hardest thing about this recipe was:

One thing I would do differently next time is:

Who helped me with this recipe:



What did everyone think?



✦ The best thing about cooking and baking is sharing the treats with all your friends! Once everyone has tried your recipe, use the spaces below to record what they think!

Who tried my cupcakes

What they thought

Who tried my cupcakes

What they thought

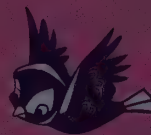
Who tried my cupcakes

What they thought

Who tried my cupcakes

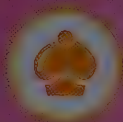
What they thought

Next time you try this recipe, read what everyone thought so you can make the cupcakes even tastier!



Tiana's Sparkly Stars

Tiana loves to bake these sparkly biscuits for moonlit midnight feasts at her restaurant.



Makes about 20



prep: 15 minutes,
plus cooling



cooking:
15-20 minutes

What you need:

- ♥ 170g cups plain flour
- ♥ 1 tsp baking powder
- ♥ a pinch of salt
- ♥ 30g unsalted butter,
cut into small pieces
- ♥ 115g soft brown sugar
- ♥ 1 tsp ground cinnamon
- ♥ 1 egg yolk

To decorate:

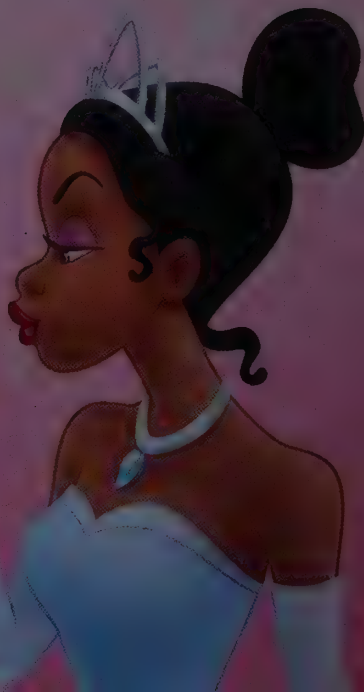
- 200g icing sugar
- 1 tbsp lemon juice
- ½-1 tbsp water
- edible silver balls

Equipment:

- ♥ sieve
- ♥ large mixing bowl
- ♥ wooden spoon
- ♥ rolling pin
- ♥ star shaped
press-out piece
- ♥ 2 large baking trays
- ♥ wire cooling rack



Indicates parental
supervision required.





Step 1: !

Heat the oven to 350°F/180°C/Gas Mark 4. Sift the flour, baking powder, and salt into a large bowl and stir with a spoon until combined.



Step 2:

Rub in the butter using your fingertips, until the mixture looks like fine breadcrumbs. Stir in the brown sugar, cinnamon and egg yolk.



Step 3:

Use your hands to make a soft dough. Lightly flour the surface and rolling pin, then roll out the dough until it is about 0.25 inches thick.



Step 4:

Use your star-shape punch-out piece to cut out 20 biscuits, then carefully place 10 biscuits on each baking tray.



Step 5: !

Bake for 15–20 minutes. Remove from the oven and move to a wire rack to cool.



Step 6:

Put the icing sugar and lemon juice into a small bowl. Add the water a little at a time to make a smooth icing. Spread carefully over each biscuit and add the silver balls to decorate!



How did you do?

Use the space below to record how you did, and keep it for the next time you try the recipe!

My biscuits were:

The best thing about this recipe was:

The hardest thing about this recipe was:

One thing I would do differently next time is:

Who helped me with this recipe:



What did everyone think?



The best thing about cooking and baking is sharing the treats with all your friends! Once everyone has tried your recipe, use the spaces below to record what they think!

Who tried my biscuits

What they thought

Who tried my biscuits

What they thought

Who tried my biscuits

What they thought

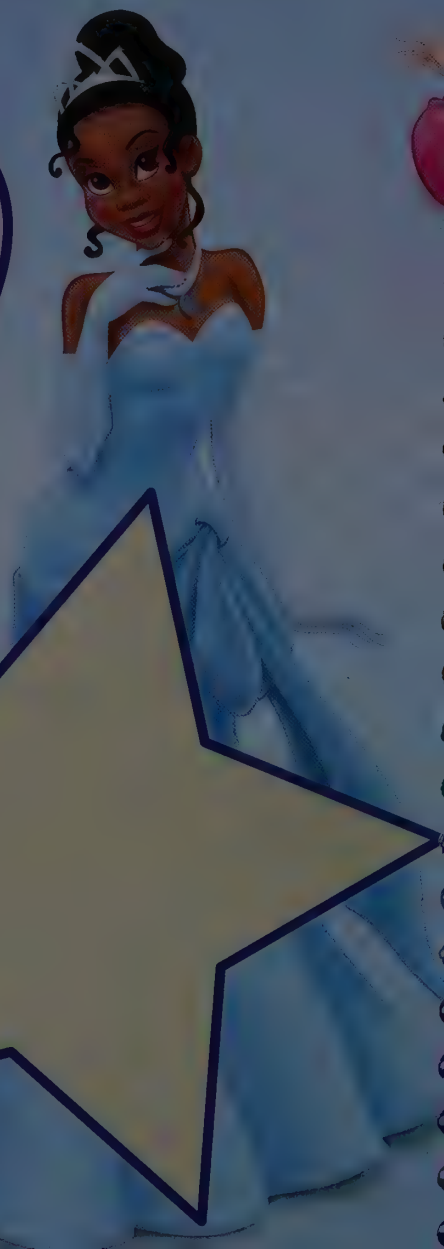
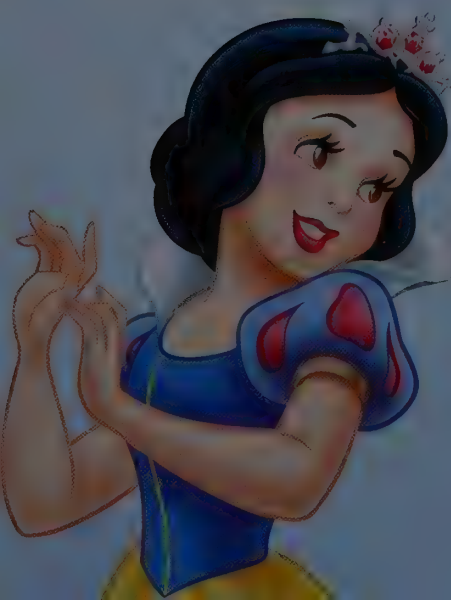
Who tried my biscuits

What they thought

Next time you try this recipe, read what everyone thought so you can make the biscuits even tastier!

Decoration time!

It's fun to use different shapes for cookies, biscuits or even as icing on a cake! Trace over the lovely patterns below with tracing paper so you have a template for all kinds of pretty treats!





Perfect Princess ideas!

Think about what you have enjoyed the most so far, and use the lines below to write down some ideas to make even more new and exciting recipes!

My favourite recipe so far was:

What I could do to make it better:

A new recipe I thought of is:

Time to decorate!

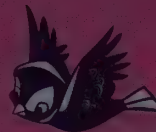


Oh no! Cinderella has made a cake for the party tonight, but she hasn't had time to decorate it! Help her by drawing some beautiful patterns on the top of the cake for her.





Ariel's Precious Beans



Serves 4



prep: 15 minutes



cooking:
40 minutes

What you need:

- ♥ 2 tbsp olive oil
- ♥ 2 onions, finely chopped
- ♥ 2 cloves garlic, crushed
- ♥ 1 red pepper, seeded and diced
- ♥ 2 courgettes, diced
- ♥ 3 tsp ground cumin
- ♥ 1/2 tsp ground cinnamon
- ♥ 2 tsp ground coriander
- ♥ 2 x cans kidney beans, drained and rinsed
- ♥ 2 x cans chopped tomatoes
- ♥ 2 tbsp ketchup
- ♥ salt and pepper
- ♥ 4 large, soft tortillas

Equipment:

- ♥ sharp knife
- ♥ cutting board
- ♥ large saucepan with lid
- ♥ pastry brush
- ♥ 4 heatproof bowls
- ♥ large baking trays



Indicates parental supervision required.





Step 1: !

Heat the oven to 350°F/180°C/Gas Mark 4. Heat the oil in a saucepan and add the onions. Stir to coat in oil.



Step 2: !

Cook the onions, with the lid on, for 8 minutes, stirring now and then. Stir in the garlic, red pepper and courgettes.



Step 3: !

Next, add the spices and kidney beans, followed by the tomatoes and ketchup. Bring to the boil, then reduce the heat.



Step 4: !

Half cover the pan with a lid and simmer for 20 minutes, stirring occasionally. Season with salt and pepper.



Step 5: !

Lightly brush the tortillas with oil on both sides. Place each one in a heatproof bowl, shaping the sides to make a basket.



Step 6: !

Place the bowls on a baking sheet and bake the tortillas for 9 minutes, until crisp. Cool slightly and carefully remove from the bowls. Divide the beans between the "baskets".

How did you do?

Use the space below to record how you did, and keep it for the next time you try the recipe!

My beans were:

The best thing about this recipe was:

The hardest thing about this recipe was:

One thing I would do differently next time is:

Who helped me with this recipe:



What did everyone think?



The best thing about cooking and baking is sharing the treats with all your friends! Once everyone has tried your recipe, use the spaces below to record what they think!

Who tried my beans

What they thought

Who tried my beans

What they thought

Who tried my beans

What they thought

Who tried my beans

What they thought

Next time you try this recipe, read what everyone thought so you can make the beans even tastier!



Ariel's Ocean Surprise



It was nearly Ariel's birthday, and the whole kingdom was getting ready to celebrate. One day, Prince Eric noticed that Ariel was looking a little sad.

'What's wrong?' he asked his Princess, gently.

'Oh, Eric,' Ariel sighed. 'I am so happy living here in the palace with you. It's just sometimes I wish my family and friends could join us to celebrate.'

Eric wanted to make Ariel's birthday special for her, so he told Scuttle the seagull to spread the word about a very special party...

Eric told the cook to bake cakes in the shape of seashells, cookies in the shape of starfish and sandwiches in the shape of seahorses. He told the maid to gather as much material as she could, and cut it into the shape of seaweed.



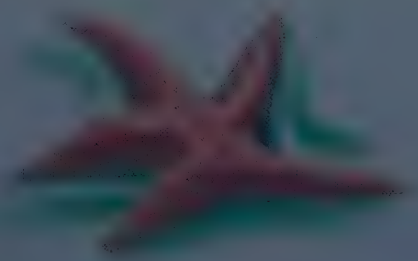
The day of her birthday came, and Ariel was walking along the beach. Just then, she noticed something up ahead. It was Eric, and her friends Sebastian, Flounder and Scuttle, all gathered around a little rock pool!



Ariel couldn't believe her eyes! There were little seashell cakes, sparkling blue lemonade and pancakes shaped to look like little fishes. It was an Ocean Picnic! 'Surprise! Happy Birthday!' her friends shouted.



Ariel saw her father, King Triton and her sisters swimming towards them to join in the fun. 'This is the best birthday surprise ever!' she said to Eric, happily. They all celebrated her birthday with the wonderful Ocean Picnic.





Perfect Princess Recipe!

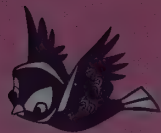
Ariel was so pleased to have a wonderful Ocean Picnic, so she could spend her birthday with everyone she loved the most!



Imagine you are hosting a surprise picnic for a friend. How would you do it? Would you have sandwiches, cakes and biscuits? Would you cut them into different shapes?

Once you have decided, use the page opposite to create your very own recipe, using the hints as you go along.





It's time to create your recipe!

Use the box below to create your perfect Princess recipe.



What is your recipe called?

Who are you making it for?

What are the ingredients?

How will you do it?



Aurora's Cheese Wands

Bring a little magic to your tea party, with melt-in-the-mouth cheesy treats!



Makes 16



prep: 10 minutes



cooking:
10 minutes

What you need:

- ♥ 115g plain flour
- ♥ ½ tsp paprika
- ♥ 55g vegetable margarine, plus extra for greasing
- ♥ 75g grated Parmesan cheese
- ♥ 1 egg, lightly beaten

Equipment:

- ♥ 2 baking trays
- ♥ sieve
- ♥ mixing bowl
- ♥ fork
- ♥ rolling pin
- ♥ wire cooling rack



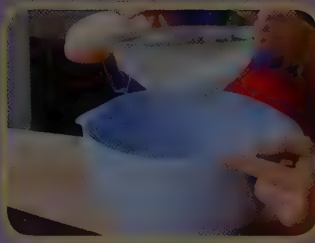
Indicates parental supervision required.





Step 1:

Heat the oven to 400°F/200°C/Gas Mark 6. Lightly grease two baking trays with margarine.



Step 2:

Sift the flour and the paprika into a mixing bowl. Break the margarine into pieces, then add to the bowl.



Step 3:

Rub the margarine into the flour with your fingertips until the mixture is like breadcrumbs. Stir in the cheese.



Step 4:

Stir the egg into the bowl with a fork, then use your hands to form the dough into a ball.



Step 5:

Roll out the dough on a floured surface until 0.25 inches thick. Trim the edges. Cut into 16 strips.



Step 6:

Put the cheese wands, spaced apart, on the baking trays and cook for 10 minutes, until golden. Cool on a rack. Serve stood up in your favourite cup.

marks out of 10

10 = yummylicious

9 = truly scrumptious

8 = de-lovely

7 = delicious

6 = tasty

5 = Mmmmmmm

4 = mouth-watering

3 = just nice

2 = good

1 = ok





It's time to see what others thought of your recipe!
Ask your friends to give you some stars out of five for
your recipe, and colour in how many you got! It's 1 star
for 'try again' and 5 for 'that was delicious!'

My friend is _____

Stars out of 5



My friend is _____

Stars out of 5





My friend is _____

Stars out of 5



My friend is _____

Stars out of 5

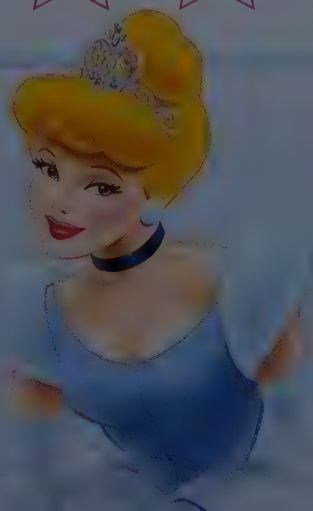


My friend is _____

Stars out of 5

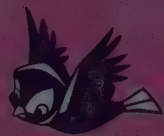


Next time you try this
recipe, use these stars
as a guide and make
it better!

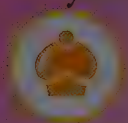




Pack-a-Pitta



This recipe is easy and great fun! You can use pitta breads to make some really crazy snacks, adding almost anything you like as a filling.



Serves 4



prep: 15 minutes



cooking:
40 minutes

What you need:

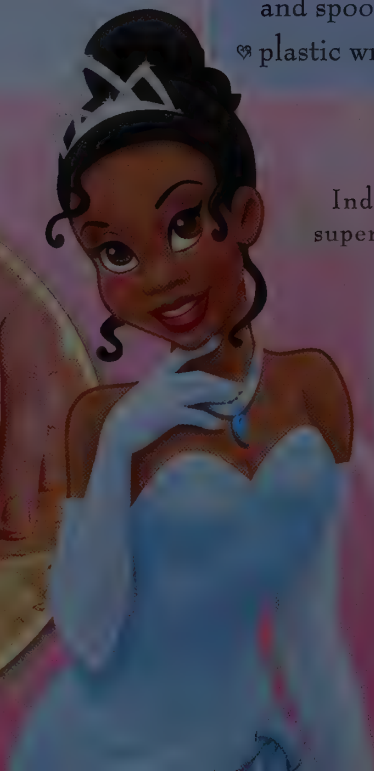
- ♥ 2 large pittas
- ♥ 175g canned tuna, drained
- ♥ 2 spring onions
- ♥ 100g sweetcorn, drained
- ♥ 2 tbsp mayonnaise
- ♥ salt and freshly ground black pepper
- ♥ 2 eggs
- ♥ 2 little cos lettuces

Equipment:

- ♥ chopping board
- ♥ sharp knife
- ♥ mixing bowl
- ♥ fork
- ♥ wooden spoon
- ♥ small pan
- ♥ slotted spoon
- ♥ measuring cups and spoons
- ♥ plastic wrap or foil



Indicates parental supervision required.





Step 1: !

Warm the pitta breads under the broiler or in the oven. Cut each pitta in half to make two pouches.



Step 2: !

In a mixing bowl, flake the tuna with a fork. Finely chop the spring onions and add to the bowl.



Step 3:

Add the corn and mayonnaise and mix together. Season well.



Step 4: !

Boil the eggs in a small pan for 10 minutes. Cool under cold running water. Peel and roughly chop the eggs and add to the mix.



Step 5: !

Wash and slice the lettuce. Place inside each pitta pouch.



Step 6:

Spoon in the savoury filling. Eat now or wrap in plastic wrap or foil until needed.

For a change!
Mix cold cooked chicken with mayonnaise and shredded lettuce. Spice up your mayonnaise by adding a little curry powder and a teaspoon of apricot jam.

For a veggie pitta, use cream cheese mixed with chopped chives, baby spinach leaves and cherry tomatoes cut in half.



How did you do?

Use the space below to record how you did, and keep it for the next time you try the recipe!



My pittas were:

The best thing about this recipe was:

The hardest thing about this recipe was:

One thing I would do differently next time is:

Who helped me with this recipe:



What did everyone think?



The best thing about cooking and baking is sharing the treats with all your friends! Once everyone has tried your recipe, use the spaces below to record what they think!

Who tried my pittas

What they thought

Who tried my pittas

What they thought

Who tried my pittas

What they thought

Who tried my pittas

What they thought

Next time you try this recipe, read what everyone thought so you can make the pittas even tastier!

Well done!



Ask your friends to give you some stars out of five for all your recipes, and colour in how many you got! It's 1 star for 'try again' and 5 for 'that was delicious!'

My friend is

Stars out of 5



My friend is

Stars out of 5



My friend is

Stars out of 5



My friend is

Stars out of 5





Something delicious
is cooking
in the Palace!

Princess Cookbook

Cinderella, Rapunzel and all the princesses make the most **delicious cupcakes** - now you can try their recipes in this **magical cookbook**. There are lots of sweet and savoury tasty treats to make, and you can even create your **own recipes** too!

With **wipe-clean pages**, wonderful stories and space to record how well you've done, you can share your **delicious treats** with your friends - just like the princesses!



This edition published by Parragon in 2011

Parragon
Queen Street House
4 Queen Street
Bath BA1 1HE UK

© 2011 Disney Enterprises, Inc.
All rights reserved
Printed in China

The movie THE PRINCESS AND THE FROG.
Copyright © 2009 Disney, story inspired in part
by the book THE PRINCESS PRINCESS by L. D. Baker
Copyright © 2002, published by Bloomsbury Publishing, Inc.

KP-977-440



£8.99

ISBN 978-1-4454-2514-6



9 781445 425146

S21481